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NOFAP STRATEGY - HOW TO QUIT PORNOGRAPHY ADDICTION

I have tried so many nofap strategies, I have read so many books and watched videos on how to quit porn addiction for good, but not a single nofap strategy worked.

My willpower is low and every time I succeed in nofap for a few days or for a few months, I relapse for some reason.

I feel like I am a loser and I can't do anything in life.



I feel hopeless and I go to bed crying every night. The inability to control my urges and frustrates me, the inability to quit porn addiction for good creates self-loathing and I don't know what to do now.

I feel depressed and when I read all the successful people in nofap forums, I feel hopeful for some time, but soon it disappears.

Why did God make me like this? Why do I have no self-control?

So, just reading a single article will not stop my porn addiction forever.

There is no nofap strategy that works for me.



But, there is.

I know how you feel right now, trust me on this. I was in your spot for a long time and I want you to read this article with an open mind for only 10 minutes.

I am not asking much.

This will change your thinking because this article is not about how you got addicted to pornography or what is going on in your brain.

This article is only about the methods/ strategies that will help you to quit pornography addiction forever.

**A huge thanks to [Brian Brandenburg](#) for the book, [Power Over Pornography](#) which truly changed my life. If you are really serious about nofap, you should go for this book.*

Again, the ideas and concepts in this article are based on this book.

Let's start...

1. A SMALL COMMITMENT FROM YOU.

Nothing comes for free.

You have to pay a small price to quit your porn addiction.

No, it's not in monetary terms but in the form of a small commitment.

A commitment to do the necessary steps that will be asked in this article.

Newton's first law suggests that an object will not change its motion unless a force acts on it.

To quit porn addiction, you have to put a small force from your side and that is a small commitment.

This article's tasks should be completed in a six weeks period, but you can read everything in one go and come later to do the activities.

One important request to you is that, don't just read the points and skip the paragraphs, you will understand nothing and there will be no benefits. Read everything...

So, if you are committed to complete the steps then move forward to the next point.

2. CLARIFYING THE CLOUDINESS OF CONSEQUENCES

We know the consequences of viewing pornography.

The above sentence is partly correct: The complete correct sentence is, we ***think*** we know the consequences of viewing pornography.

There is this cloudiness that is obscuring the real consequences of having a pornography addiction.

In the words of Brian Brandenburg, “**Whenever we choose an action, we choose the consequences of that action whether we want to or not.**”

We may think that the consequences of viewing pornography are career failure, or love failure, or perhaps low self-confidence.

On the other hand, the consequences of not viewing pornography are becoming successful, high self-confidence, or a better relationship.

But, what is success according to you? What picture can you paint when the word success comes to your mind.

What do you mean by love failure? How does it feel to lose the person you love? Can you visualize it?

Our goal in this nofap strategy is to focus on the positive consequences of not view pornography.

When you are reaching for the positive goals and consequences, you will be motivated and you will take action to reach that goal.

The first activity for this nofap strategy is to clarify the negative and positive consequences of pornography addiction.

The consequences should be such that you can visualize it clearly in your head.

Activity

1. Sit down at your study table or wherever you want and write down all the consequences, both positives, and negatives that come to your mind.

2. Do research: Go to online forums, articles, watch videos, find scholarly journals, and collect all the consequences for viewing and not viewing pornography.

Add them to your previous list.

Here are two articles that I wrote that can help you:

[10 confirmed benefits of Nofap after 90 days](#)

10 Negative Effects of Pornography Addiction

These articles are not enough.

3. From the list of negative and positive consequences, select five negative and five positive that matter the most to you.

4. Now, visualize the consequences you have selected.

5. After all these, we will only focus on the five positive consequences most of the time.

Example:

The five positive consequences that I visualize every day are given below:

a. Career success

For me, my career success is publishing my novel and writing more blogs everyday.

I visualize my books are in the bookstore. I visualize the fun I am having while I am writing.

I also visualize the email I receive from the publishers, mentioning that my manuscript has been accepted.

* It will be difficult to visualize and get motivated at the beginning of this nofap strategy because you don't trust yourself yet.

But if you do it every day, new neural pathways will be created in your brain and you will start to believe that this is something possible.

b. Better Relationship

Just like career success I also visualize the important relationships that will become healthy if I quit porn addiction.

c. Self-confidence

Self-confidence reflects in every area of your life. It reflects in your work, your behavior, in your relationship, and in your personality.

If you have followed a nofap strategy before for a month or for a period of six to seven months, you certainly have experienced the boost of self-confidence in you.

I visualize the feeling of self-confidence in me.

d. World-tour

In this early stage of nofap strategy, it is hard to believe that only by quitting porn addiction our financial condition will improve and do the things we dream of.

I visualize that I am going to Norway, or sometimes touring with my friends on my bike to the Himalayas, etc.

e. Making movies with my brother

I visualize that we are making our movies that we have been planning for a long time.

One important point to remember is that the positive consequences of quitting porn addiction should be about you.

No matter how selfish and bad it sounds, it should be about you.

Your family and friends will automatically be benefited when you are benefited.

You can spread happiness only when you are happy first.

Note: Take two to three days to clarify and visualize the consequences.

3. WELCOMING THE TEMPTATION

Wait, what?

You may be thinking, why would I welcome the temptation, if my goal is to quit porn addiction? What kind of nofap strategy is this?

I know what you are feeling now, but as requested above, I am again requesting to keep an open mind for some time.

Once you proceed, you will understand the underlying factor of welcoming the urges rather than resisting.

We as humans don't like resistance.

We have learned from all the other nofap strategies that, to be able to quit porn addiction, we need to resist our urges or temptation.

But, no matter how strong your willpower is, resisting is spending your willpower or wasting your mental energy on something, that keeps getting stronger every time you resist.

One more reason to resist our urges and in the words of **Brian Brendunburg** is that, *"We feel guilt and shame because of the urges. The more you feel guilt and shame, the weaker you will become and eventually relapse."*

The temptation is not the source of guilt and shame. The action we take after experiencing the temptation is the cause of the guilt and shame."

You are human and the urges you have are natural. Moreover, the temptation you feel is also natural because of the many years of viewing pornography.

This is how our brain works.

You don't need to be hard on yourself for having the temptation to view pornography. It is normal and everybody experiences the same.

Pornography cannot take your inner power, once you welcome and embrace that this temptation is normal and there is nothing to feel bad about it. It happens with everyone.

Key points

a. Welcome the temptation. This is normal and it happens to everyone.

You don't need to feel guilt and shame because of it.

b. Embrace the temptation immediately when it occurs. Realize that you are tempted to view pornography.

Say something like, "I want to view pornography because of my urges and there is nothing wrong to feel about it this way."

Urges are natural, but the urges you are feeling now are for viewing pornography and orgasm. The future urges will be only for sex for a real partner.

So, now what?

Let's move to the next point.

4. POWER TO CHOOSE

You always have the power to choose.

This is your birthright that no one, no situation, or any circumstance can take away from you.

After welcoming the temptation, there will be two choices for you.

You can view pornography or you can select those positive consequences **for now**.

The power you have preserved by welcoming the temptation will help you to choose the right thing.

Again this power is not your willpower, it is your inner strength that is not lost in guilt and shame.

But, this power is not enough.

You have to follow some key points while choosing:

Keep the below points in mind when choosing:

A. Choose for the moment

I have highlighted ‘for now’ in the above sentence because you are always choosing for the moment and not for the future.

Tomorrow or the next time, you will again have your choices to view it or not.

When we choose for this moment, we keep options open for future choices.

If you choose not to view pornography for life, “A sense of deprived feeling starts to lurk inside you.

Once you start feeling deprived, you then start to feel like a victim, which leads to thinking you deserve to view pornography and this leads to viewing and go right back from where you started.” – Brian Brandenburg.

Again, It is our human nature to rebel when we are compelled to do something.

We thrive in freedom and parish in captivity. We don’t like to follow orders from others, and we also don’t like to follow orders from ourselves.

Once you make a choice for all the future decisions, you limit your freedom of choices, and this causes the rise of your rebel nature against you.

When you choose for the moment, you are not compelling yourself to choose the same choices every day.

*Remember, this concept is hard to grasp at the beginning of this nofap strategy. But, after daily practices, you will understand the gist behind it.

So, perhaps you are thinking, if you choose the positive consequences for now, what you are going to do in the future.

I will say, you will have your choices then and you are free to choose.

B. Must and have lies.

Whenever you say, you must do this, must not do that, or have to do it are all lies.

Brian Brandenburg named these lies as the MuHa lies because you always have a choice to choose your actions.

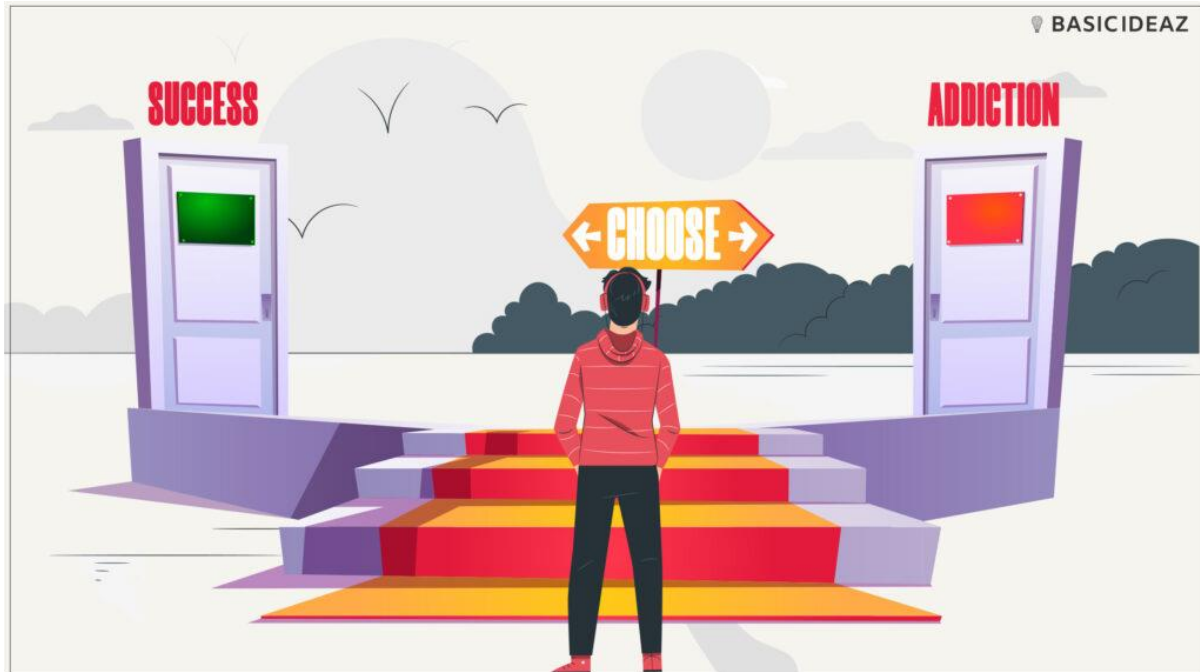
So, whenever you find yourself saying these words, must have... just laugh at it remembering Muhahahaha.

Key points

Now, you have two parts to deal with your urges.

1. Whenever you are tempted to view pornography, just welcome the temptation by telling yourself that, "I want to look at pornography and this is normal."
2. Second, remind yourself that you are free to choose.

To make your freedom of choice more powerful, let's talk about the next point:



5.VISION

In the second point, we have found positive consequences of not viewing pornography can do.

“The vision of these five positive consequences is more powerful than the temptation.”- Brian Brandenburg.

The vision, positive consequences, and results will give you the power to choose.

Whenever you are tempted to view pornography, welcome it, remind yourself of the power to choose, and then visualize your positive consequences.

This will even give you more power to make the right decision and your hope and self-belief will start to surface.

***Remember, this is only the initial stage of this nofap strategy and if you become overconfident, you may slip and go back to your old habits.**

So, here are the three key elements to deal with your temptation:

1. Welcome
2. Choose and
3. Vision

The acronym is WCV.

The more you practice WCV, the better and more powerful you become.

You will start to believe in yourself again, your self-respect will start to grow and your hope for living a healthy life will get stronger every day.

Activity

1. Here is your full technique to deal with your temptation.
2. First, welcome it, and then remind yourself of the choices you have.

Remember to do it immediately, whenever temptation strikes.

1. Remind the vision you have. The more you try to remember the vision, the clearer and stronger it will get.
2. This vision will give you the power to choose.
3. Practice it every day, five to six times.

6. EMBRACING THE NEGATIVE

When you start to see some initial success in this nofap strategy, your stress and discomfort start to increase.

Why does this happen?

Because now you are going out of your comfort zone.

In the past, whenever you are stressed and uncomfortable, you choose porn as an escape from these feelings.

But, after relapsing, you feel more stressed and uncomfortable than before.

This leads to more viewing and relapsing.

Now, by applying WCV, you are getting out of your comfort zone because you are not doing what you usually do for stress and discomfort.

So, getting out of your comfort zone is a good or a bad thing?

The next time, whenever you feel stressed and discomfort for not viewing, just remind yourself that you are expanding your comfort zone and these sad, stressed, negative thoughts, etc are all temporary.

Once you get out of your comfort zone, you will be okay.

Usually, getting out of your comfort zone takes between two to three weeks, unless you hit [flatline](#).

Remember: Stress, Anxiety, Discomfort are a good thing. If you are feeling these emotions during nofap, it means you are growing and all you need to do is to embrace them.

Once you embrace the negative, it will no longer have the power to trouble you.

7.FACING THE PROBLEM

In my case, when I was not in nofap, I tried to deal with temptation by diverting or avoiding it.

I used to play online competitive games whenever temptation hit me or whenever I felt stressed.

This worked for a few months, and I thought I finally found the best nofap strategy to be successful.

In short, I tried to hide from the problem.

Therefore, after a few months, I relapsed with an additional addiction to video games.

Note* The definition for addiction can be different for everyone, but for me, if I am doing something that I don't want to do then I am addicted to it.

Even if I am doing it once a year, still I am doing something that I do not want, then it is an addiction for me.

M.Scott Peck an American psychiatrist mentioned in his book, The Road less traveled, *“Problems must be worked through or else they remain forever a barrier to the growth and development of spirit. The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy, and unfulfilled.”*

It is true that facing our problems creates pain, but that is the basis of human growth.

Face your temptation, wait for it or invite it on your own, and use the above techniques to deal with it.

Because if you hide today, the temptation will get stronger every time, and sooner or later you will relapse.

8. PRACTICE, PRACTICE, PRACTICE...

Practice the above technique every day for more than 5-6 times in the initial period of your nofap journey.

If temptation doesn't come to you, invite it. Create deliberate temptation and deal with it.

Yes, you read correctly.

Creating deliberate temptation and practicing will strengthen the neural pathways in your brain.

The pathways of your power to choose.

The more you practice, the more powerful you will become.

On the other hand, if you stop practicing just after a month or two, thinking you have quit porn addiction, then there is a high chance that you will relapse after 100 days.

Most of the people in nofap relapse after 100 days.

The many years of pornography addiction are not going to be over in just two to three months.

It takes more than that.

CONCLUSION

The summary of this article is that guilt and shame are the number one reason for which we relapse in nofap.

The best nofap strategy is to welcome your temptation and say to yourself that this is normal.

There is no need to feel guilty and shame because of your inability to quit porn addiction.

You always fight against it, you always suppress the temptation, avoid it, run away from it but things will change now.

You don't run away from temptation anymore. On the other hand, you welcome it because you have a choice.

You have a vision and there will always be choices in the future decisions too.

Nobody is compelling you to do something, nor you are compelling yourself to it either.

You are free to choose.

Best

Ahbab

THE PSYCHOLOGICAL BENEFITS OF NOFAP

If you are reading this article, you already know what nofap is and what are its benefits.

But do you know the psychological benefits of nofap? After learning and understanding these benefits, you may look at nofap with a whole new perspective.

But, there are few among us who are very new to this topic, let us first define what Nofap is:

What is Nofap?

The meaning behind it is that you remain absent from masturbation, watching porn, and orgasm, which is known as PMO.

The people who are in nofap have reported various life-changing benefits from it.

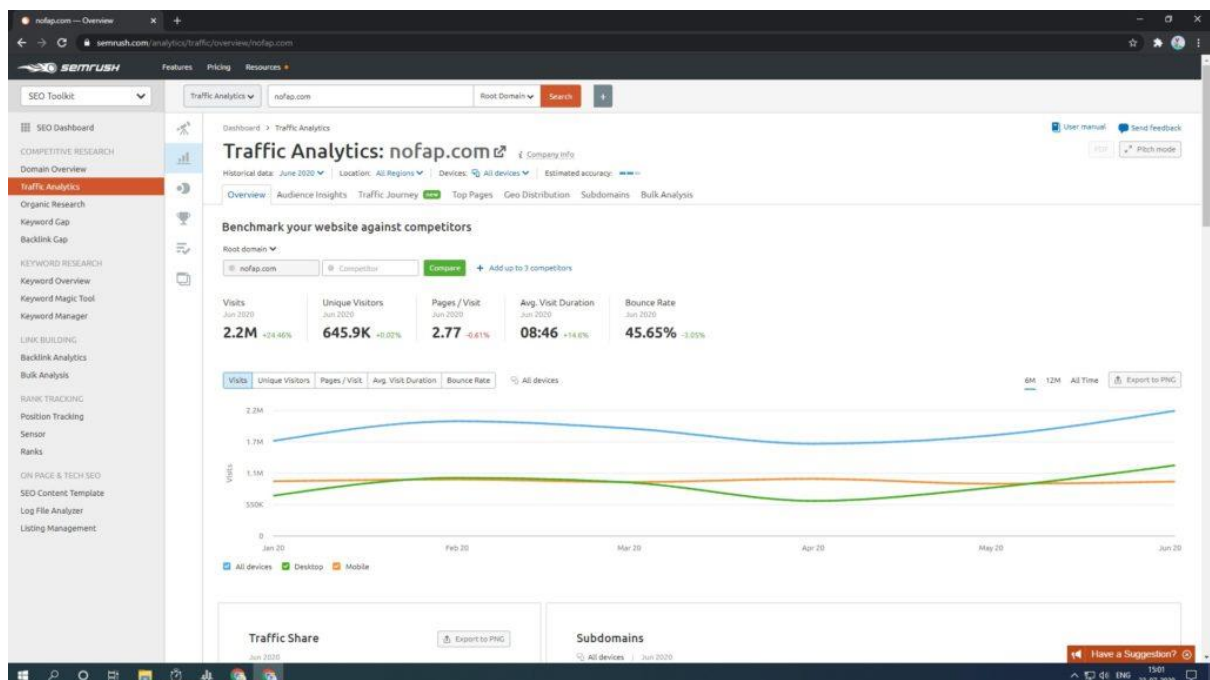
Now, there will be some naysayers who will read half of this article and protest that these benefits are BS and there is no scientific proof.

But, science hasn't discovered everything yet.

Sometimes, you have to experience on your own, rather than depending on external materials.

There are over 2.2 million visitors on the [nofap website](#) and 651k active members in the [subreddit](#).

Don't believe me, see the chart below:



If you think these millions of people are lying, then there is something wrong with you.

Anyways, this article is not to justify the benefits of nofap.

This article is simply focused to tell you the real psychological benefits of nofap.

PSYCHOLOGICAL BENEFITS OF NOFAP:

SELF-WORTH

The sense of accomplishment gives great joy to human beings, whether you finish reading a short story or achieving your biggest dreams.

A personal goal that is more challenging to achieve gives more joy than anything else.

Doing nofap is as hard as crossing the Atlantic on a canoe.

Depending on your past behaviour over fapping, your nofap difficulty varies.

If you are addicted to pornography for more than a decade, welcome to hell.

You self worth will grow during nofap because you are doing something difficult that you purposefully wanted and you are succeeding in it.

You are doing nofap with your conscious mind.

You have the right to be happy; you are not worthless and miserable as you thought; you deserve happiness because you have the capability to change.

You are worthy of this life. This is self-worth.

Why does your self worth increase because of nofap?

To understand why your self-worth increases because of nofap, you need to understand neuroplasticity first and the work of happy chemicals like dopamine, serotonin, oxytocin, and endorphin in your brain.

Neuroplasticity is the brain's ability to reorganize our brain structure by forming new neural connections and strengthening the existing ones.

It is the way our brain gets wired on the things we repeatedly do.

The more neural pathways forms and stronger it gets for that particular activity, the more automatic our behaviour will be towards that activity.

In other words, we will form a habit.

Whenever you repeat the same behaviour over and over again, the subconscious brain assumes that it is important and creates a temptation to perform it again in the future.

On the other hand, the neurotransmitters or the brain molecules run through these pathways.

Neurotransmitters are chemical messengers that balance signals between neurons.

The neurotransmitters are responsible for psychological functions such as joy, sadness, fear, pleasure, and much more.

The happy chemicals such as dopamine, serotonin, endorphin, and oxytocin release in our brain whenever we perform activities that make us happy.

Depending on the activities, the quantity of chemical release may vary.

The activities which are linked closer to human survival, such as love, sex, food, reproduction, releases more chemicals in the brain than any other activities.

Sure, playing video games makes us happy but being accepted by your crush will give you greater happiness than anything else.

In ancient times, our ancestors had to protect themselves from all the wild animals.

Their lives were always at risk.

When a sabertooth appeared in front of them, they just couldn't sit lazily and say, they would deal with the sabertooth later.

Two hormones, adrenaline, and cortisol start producing in large quantities in our body which says; red alert, whenever there is a threat to our survival.

Now, of course, in this modern world, there is no sabertooth, but there are other dangers.

The unknown door knocks at your house at 3 am.

The monthly rent you have to pay.

Our brain pays attention to those activities where a large quantity of molecules releases into our body.

Sex releases a larger quantity of brain chemicals because it is related to human survival, your future generation.

Masturbation by watching porn releases even larger quantities as it depends on other factors like fantasy and novelty.

Here is the fun fact; your subconscious brain doesn't care if the activity is good or bad from where you are getting this big dosage of chemical hits.

It only cares from where it is getting and marks it as important, top on the list, thinking your survival depends on it.

The good or bad can only be distinguished by your conscious mind, the front lobe of your brain.

But, other activities like watching movies, reading a good book, cooking, etc releases chemicals in our brain.

But, these chemical hits are small compared to pornography.

These small hits of chemical releases are not enough, because you have a habit of big chemical hits.

Moreover, the brain prefers novelty.

The release of chemicals reduces with the same old information.

Therefore, the more new information you have, the more excited and happy you will become.

This is why you go again and again to watch even nastier porn than before to have the same level of chemical hit or even higher.

This is the only way you feel something good about yourself, and that is also for a few minutes.

The good news is when you stop fapping, your subconscious brain cries for the hit again because according to it, your survival depends on it.

Why are you not getting those hits, what is wrong? It cries, begs, reasons with you, and creates temptations to watch porn again.

When you don't watch it for a long time, the neural pathways that have been created because of watching porn starts to shrink, and the temptation for watching porn reduces.

You start finding joy in small activities, like making tea or drinking water, a small hit of chemicals is better than nothing.

I hope you understand how hard nofap is.

So, if we come back to our earlier question, why our self worth increases because of nofap, the answer is:

You become more productive:

You become more productive because now your work gives you enjoyment.

The motivation hormone dopamine releases in your brain, which makes you feel more like working.

As your productivity increases, you work hard, and your self-concept about yourself changes.

This working hard creates self-respect, you value yourself, you start trusting your brain, and because of that your self-worth increases.

You become conscious about yourself:

People who did nofap will tell you the increase of consciousness in themselves.

They no longer escape from reality.

They no longer hide from the problems of their lives under the mask of porn but face it as an open challenge.

The mask of porn doesn't solve their problems; it just gives temporary relief from the painful reality.

On the contrary, the problem becomes worse with time.

When you start facing problems, you start respecting more about yourself.

Better relationship:

One of the primary reasons for nofap is their degrading relationship with their spouse or girlfriend.

These porn watchers are not satisfied with the real woman, they live in fantasy, and the happy chemicals that release from their fantasies are way higher than sex or intimate relationship.

They don't know what is wrong with them.

They talk about their erectile dysfunction.

They want to be intimate with their partners, they want to make love to their partners, but they fail to do it.

They question themselves about their love for their partners.

On the other hand, their partner gets unhappy, thinking they are not attractive anymore.

This creates mechanical relationships and leads to chaos.

When you stop watching porn, your intimacy for your love returns.

You give both physical and psychological satisfaction to your partner.

This creates a healthy and lasting relationship.

This creates self-respect.

SELF EFFICACY

When you use your conscious mind regularly, your willpower increases.

It is confirmed that willpower is a muscle, and the more you use it, the stronger it becomes.

Nofap takes a lot of conscious effort as we talk about the difficulty of nofap above.

It requires higher utilization of your willpower, and this eventually strengthens your willpower muscle.

You face challenges in nofap, you make conscious decisions every day, and this strengthens your willpower.

You are doing nofap because you want to improve yourself.

This leads to other aspects of self-improvement, meditation, exercise, productivity-this is called the ripple effect, and this eventually strengthens your willpower even more.

When you struggle every day and when you put conscious effort every day and improve at least 1%, your self-concept about yourself changes over time.

You start believing the core dreams you have are possible now, the task which seems impossible before looks promising now.

Beliefs begin to pop up in your brain that you can do it.

No matter how hard it seems, you can do it because you have already done something which seemed impossible before.

This is self-efficacy.

Self-efficacy means your core belief in your subconscious mind that you have the ability to complete a task no matter how tough it seems.

SELF ESTEEM

Self-worth and self-efficacy are the two key components of self-esteem.

When these two key components are strong, you have high self-esteem.

Things are going bad, but you know you have the ability to face it, to change it.

You are trying to finish your novel, but it seems various life problems occur that keep delaying your publishing.

This doesn't deviate you from your goal of publishing your novel.

You know you are going to do it.

What others think of you? Are you really good at what you do? Do they hate you?

What if someone criticizes your work and laughs at you?

Your crush rejects you. Does that mean you are not good enough for her?

Is there something wrong with you? Why are you always unlucky?

These are the questions of low esteem people.

You respect what people think of you, good or bad, but that doesn't affect you.

You take feedback for your work from people and try to improve it, but don't feel bad that people don't like it.

If your crush rejects you, that doesn't mean you are not good enough for her; it only means you are not her choice.

Everyone has different choices, and you cannot force someone.

One important point to remember is that self-esteem and ego are different.

If you say, what do these idiot people know about writing, after they critique your work then, it is ego.

Self-esteem is not about boasting; it is about accepting reality and working on it for the better.

Nofap helps in building your self-esteem.

But, don't expect to see a rise in your self-esteem only after a month or two in nofap.

Self-esteem is a big topic which we will discuss in other articles.

CONCLUSION

I know a lot of you will not agree with what I have written above.

I am not arguing, but if you have good self-esteem, you will seek the truth.

You will try to find nofap on your own. You will not rely on your pre-concept of your subconscious mind and give it a try for at least 30 days.

I mean, what are you going to lose?

Best
Ahbab.

Nofap timeline-The complete nofap stages from Day 1 to Day 365

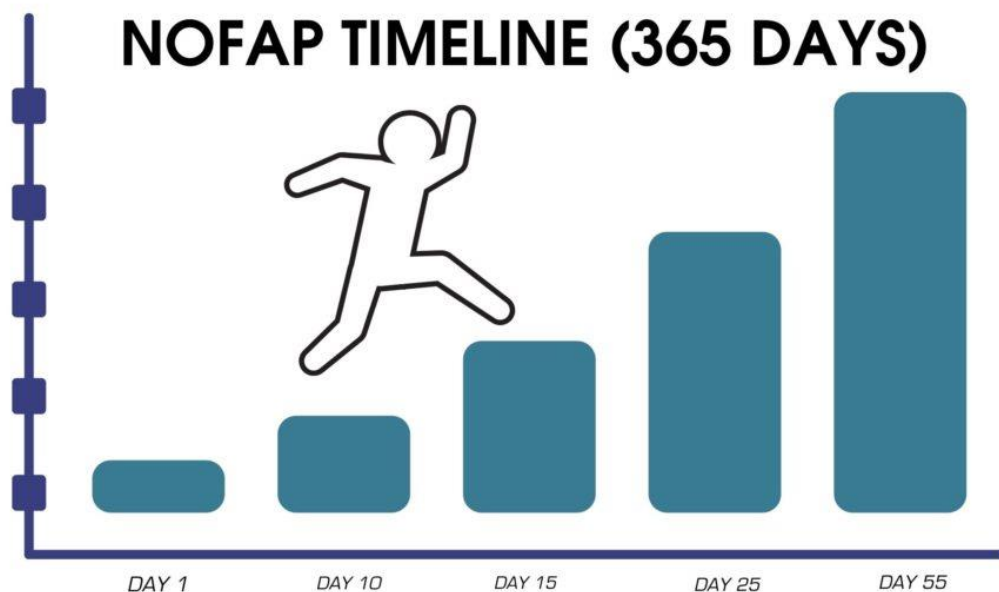
Ready for your Journey...

This nofap timeline is not only a personal timeline but a standard timeline that is experienced by most of us who are on a nofap journey.

The nofap timeline will be different for everybody, depending on your porn addiction over the past years.

The nofap stages will be different for everyone but with the accumulated statistics and data from various people on this journey, I come to this most common nofap timeline or stages below.

I am going to cover from physical to psychological stages of nofap.



But, first thing first.

Nofap journey is not paved with flowers and soft pillows. On the contrary, it is paved with soul-killing urges and sacrifices.

No, I am not scaring you, but making you ready for the incoming attack on your willpower in the upcoming days.

Those who have strong reasons or strong willpower will succeed, and those who lack these two facts will perish.

The common reasons people start doing nofap are:

1. Failing in life.
2. Low self-confidence.
3. Doesn't have any motivation to pursue their dreams.
4. Don't feel passionate about anything except porn.
5. Erectile dysfunction.
6. Unsatisfied relationships.
7. Avoiding social conventions.
8. Difficulty in making eye contact.
9. No interest in real woman or sex.
10. Objectifying women and having unethical disturbing thoughts.
11. Depression.
12. Frustration.

You name it, and I can fill up over 100 pages on why people start doing nofap.

You may be on day 1 or day 30 and wondering what the nofap benefits I am going to get in the next eleven months are.

Also, you may have started nofap because of the fantastic benefits you have read online. Some of them are genuine, and most of them are fake.

If you are waiting for superpowers where you can lift a truck or anything like that, I am sorry this is not true.

I have divided the nofap timeline into stages and described the benefits and drawbacks in details.

1. Week 1 (The stage of self-control).

Day 1 will be the easiest day out of the next 365 days. Again, I am not scaring you or telling you that all the upcoming days are going to be hell. No, it will be a totally different journey.

A journey where you will discover your true self, a journey that will increase your willpower, and a journey that will change your view of your life.

Day 2 — day 4 there will be urges, not the strongest but not the weakest either. Most of us can fight these urges if we have strong reasons and know what is going to happen in the upcoming days.

Few will fail, and that is okay because until you fail enough, you will not be motivated enough to complete this journey.

Day 5- Day 7 you will have to fight with the strongest urgest, especially the 7th day.

Once you do it, you will feel proud of yourself. You will feel a sense of pleasure, and maybe you will pat your back too. Good job.

Your guilt and shame will start to decrease. Your craving for porn will be mostly absent in the mornings, but by the nights, you may tear your pillows to stop yourself from watching porn.

Hey, this is what addiction does, and this is normal and temporary. Once, the neural pathways of your porn addiction start to shrink; you will not tear your pillows; in fact, there will be no craving to watch porn anymore.

Few changes you will see in yourself in this week are:

1. Sleep deprivation
2. Strong urges
3. Enjoyment in doing your dream works.
4. Interest in girls.
5. You will feel stronger.
6. Your mental and physical energy will start to return.
7. You will start to enjoy little things in life.

2. Week 2 and week 3 (The boasting stage)

From Day 8 to Day 15, your urges will be controllable. The most significant changes in this stage will be on your **productivity level**. Your week 3 will be one of the best weeks of your life.

You will become creative, you will become energetic, your performance will skyrocket, and you will be so motivated that you will find it difficult to go to sleep because of the next day's excitement.

A new sense of self-confidence will pop inside you. You will be able to make eye contact with other people.

You will plan, you will execute, and you can see your dreams are just within a reaching distance.

You will even tell yourself, heck, *why the hell I wasted my time on watching porn*.

You have learned the secret, you have unveiled your potential, and your depressing days are turning into a plethora of productivity.

The urges you will get after day 15 will be stronger than day 7. But, these urges are not going to break you because you are experiencing the benefits of nofap.

You are on a journey to success, and nothing can stop you.

You will even tell yourself *why people relapse; it is so easy for me*.

The changes in this stage will be:

1. Your productivity will skyrocket.

2. Strongest urges than ever.
3. Your anxiety will reduce.
4. You will become more confident in your life.
5. You will start focusing on self-improvement; maybe join a gym.
6. Some of you may fall sick too.
7. Your emotions regarding life will increase. You will feel more, think more, and work more.
8. Your skin condition will start to improve. The surface of your face will become clearer and polish, and your hair fall will reduce if you have any.
9. Your mind will be clearer to think and can think for a more extended period.

3. Week 4 to Week 6 (The downfall)

Welcome to the flatline. It is in this stage where most of us will experience the nofap flatline.

I have written a detailed article on the nofap flatline in my previous post. If you want to read it, you can click on the below link:

Nofap flatline is the dark side of nofap, but it is nothing but a withdrawal symptom.

It is in this stage where most of us will relapse, thinking nofap is a myth and all the benefits you have read online are just fake.

It will come unannounced. In the mornings maybe you will feel motivated and ready all your plans on how to spend the day, but perhaps in the evening-boom- something happened inside you and now all your motivations are lost, you don't feel like doing anything.

You will be fatigued mentally and physically. If you are not familiar with flatline, you will become depressed, confused. Anxiety will return, and you will go crying to sleep every night.

Your brain will search for answers: *what is going on with me? What happened to me? I was so productive in the last few days.*

You will experience emptiness, zero libidos, zero interest in watching porn, no interest in the opposite gender, no productivity, no motivation, brain fog, and your future will seem dark.

Attention: these are all temporary because your brain is rewiring.

You will hide in your room and avoid all kinds of human contacts. The cravings for fast food and other types of addictions like drugs will show up.

As your primary source of happiness got shut down by nofap, your brain will look for all the other sources of gratification, fast happiness.

The changes you will see in this stage will be:

1. No productivity.
2. Feeling of emptiness.

3. No libido.
4. No morning wood.
5. Muscle weakness.
6. Tired most of the time without doing anything.
7. Frustration.
8. No urges to watch porn or masturbate.
9. Less sleep.
10. Brain Fog.
11. Avoid social interactions.
12. Your emotions will be numb.
13. Cannot concentrate on anything.

***Note:** It is possible that you will not feel all the symptoms, all perhaps you may never be in a flatline. It depends on person to person.

4. Week 7 to week 9 (The recovery stage)

Most of the flatlines last for 10 to 25 days, a few experience a longer flatline that is more than a month, and they're also a few who experience flatline for more than 6–7 months.

There is a guy I came across whose flatline lasts above 300 days. This is very rare and nothing to worry about.

It depends on your level of addiction.

I had three flatlines, 22 days, 14 days, and the last one was 9 days.

In this stage, your love for life will start to surface again. Your morning woods will start to return by Day 50-Day 60.

You will find Joy in the smallest things like breathing. Your level of concentration will improve.

Though in this stage, you will experience withdrawal symptoms of flatline, but the motivation that you felt on the second stage will not be visible so quickly.

Think like, this stage is your fertile land, and whatever seed you plant in it, it will start to grow rapidly.

You may start meditation; you will go back to your earlier projects or start new projects.

You will start to feel a stronger sense of yourself and self-confidence is returning.

Your urges will start to return, and it will get stronger every day.

But, these urges will be different, these urges will be pure and not for porn, but for real sex.

You will kind of enjoy these urges over time because this makes you feel manly.

The changes you will see in this stage:

1. Better sleep.
2. Love for your life.
3. Respect for other people.
4. Brain fog will start to lift.
5. Your passion for your work will return.
6. You will have a healthy attitude towards girls.
7. Better sleep.
8. Your concentration power will begin to recover.
9. You will feel energetic.
10. Better cognitive functions.

5. Week 10+ (The psychological war)

Most will say, once the flatline is over, you have crossed your biggest hurdle. There is nothing to worry about anymore. You will feel all the energy, positivity, and the trend of your life will be upward.

This is true that you will have more emotions, happiness and your life will be much better than before, but the biggest problem in this stage is psychological.

There are bigger chances that you will relapse in this stage.

This stage I usually mark between, Day 60 to Day 180.

In this stage, you will be able to control your urges, but despite that, you will relapse if you don't understand what is going on.

Self-concept:

Your subconscious knows you more than you know yourself. Your conscious brain may decide to join a gym and lose the extra fat in your body.

But, because of your past life experiences, wrong parenting, bad events, where you have already failed many times in the past, your subconscious brain believes you are a failure, and you cannot succeed in big projects. In other words, you have low self-esteem.

Our subconscious brain does everything to protect its belief. If you are scared of public speaking, but your conscious brain demands you to speak in public, you will feel fear, worry and other symptoms in your body that will hinder you from speaking.

When there is a clash between the conscious and the subconscious brain- destruction happens.

Once you get rejected from speaking in public, your self-concept gets strengthened. **The only way to change your subconscious belief is going through it over and over again.**

This same happens with nofap. Once you cross your flatline, you will find a disturbance in your thinking. You will not have intense urges, but you will surf porn, promising yourself that you will not masturbate.

The games that your subconscious brain will play with you.

Once you just surf porn, the shrunk neural pathways will get strengthened again, and the next day, your urges to watch porn will be much stronger.

This will eventually lead to relapse.

Moreover, in this stage, your stress level will increase. This is just another game of your mind. Your brain knows masturbation relaxes you and because of this, you will relapse.

This same happens not only with nofap but with anything else where you start to progress.

Once you keep moving forward, eventually your subconscious brain starts to believe you can live without porn. Porn is not important to you, and this becomes a way of life.

You will start to hate your older self, or feel pity.

Usually, from my experience, the addiction of porn takes two years to remove it from your brain completely.

Nofap is not only a 90 days challenge. Nofap timeline is lifetime.

After crossing 180 days, you will see significant results in your life. I promise this because you have started on working yourself from day 1.

The changes in you will notice:

1. Higher productivity
2. Satisfied relationship with your woman.
3. People will start to notice you, not only girls.
4. Increase stress for a few months.
5. Increase anger.
6. Clear vision about your goals.
7. No brain fog.
8. Your voice will start to change.

Conclusion

If you have porn addiction, nofap is the first step for your personal development. The nofap timeline mentioned above is not accurate for everyone, but more or less, most of us will go through this nofap stages.

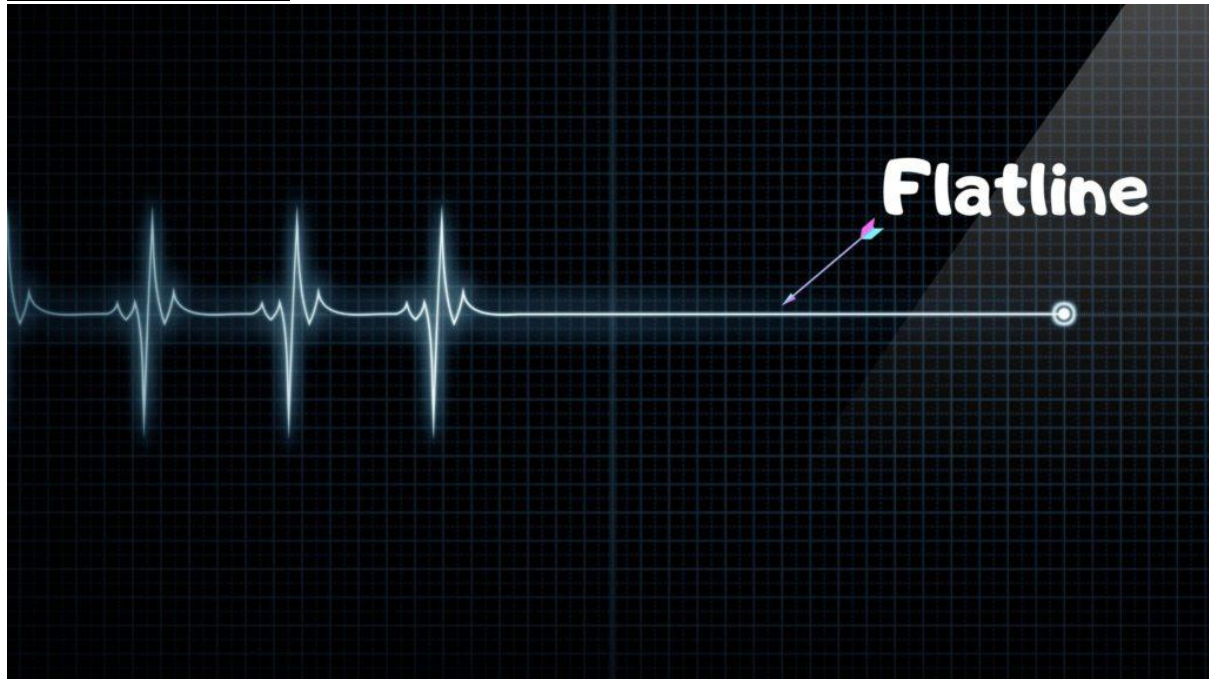
I know a lot of you will not believe this, and I am not here to convince you. Why don't you give it a try for 21 days and see the changes for yourself?

I mean there is nothing to lose, Right?

Best

Ahbab

THE COMPLETE GUIDE TO NOFAP FLATLINE AND HOW TO OVERCOME IT.



WHAT IS NOFAP FLATLINE?

Nofap flatline is a period of time or multiple periods of time when all your emotions regarding life become flat.

You will not feel any sexual arousal, no libido, no desire to work on your goals, no pleasure in doing anything, watching anything, or eating anything healthy.

In simple, you feel dead from the inside, and this is nothing but a withdrawal symptom from no fap.

Here are the few reports of people during nofap flatline: (I have attached all the links for proof at the bottom of the post)

“ I am on my 40th day of nofap. For about ten days, I have been feeling low and unmotivated.

The superpowers that I felt during the first few weeks of nofap have also seemed to be gone.

Mainly, the flow which I got at around day 20 has also gone. I just loved the flow that I had.

I hope that this is just a flatline and will most certainly pass, and I will get back the motivation and confidence.”

“When I was going through it, though, I felt really sleepy and kinda depressed.

I just did not want to do anything; I think I was just in bed and watching tv.

I felt sluggish and kinda slimy. It is not fun at all, but I know those days ahead once I got through was better than PMO.

I still had vivid dreams, though.”

“When I enter flatline (which comes about at different times during my streak), my social anxiety returns, energy levels drop, and confidence is gone.

It can be very scary, and I often find myself thinking that the benefits were a placebo, but every single time, the flatline is over benefits return.

I can have several flatlines during a streak, and they range from several days to two weeks.

Also, libido vanishes during the flatline but returns afterward. I hope this helps.”

There are unlimited flatline experiences on the internet.

I can copy and paste here and make a 10k word article, but I don’t want to do it.

You can just type in google, and it will pop up.

**If you are into Nofap, these articles might interest you:*

1. [The psychological benefits of Nofap.](#)
2. [Nofap timeline-The complete nofap stages from Day 1 to Day 365](#)
3. [The guide to Nofap relapse- physiological and psychological](#)
4. [10 confirmed benefits of Nofap after 90 days](#)

WHAT ARE THE EXACT SYMPTOMS OF NOFAP FLATLINES?

The temporary symptoms of nofap flatline are given below.

Remember, everybody will not face all the symptoms, and there will be more than these.

It depends upon person to person. The most common are discussed here:

1. No motivation for doing anything:

No matter how much responsibility you have on your shoulder, how much stress you have to complete your tasks before the deadline, and no matter how much willpower you have to carry, you just cannot do it.

If your final examinations are approaching and you are on a nofap flatline, then there is no point in beating your head on the wall for not being able to study.

To carry on a project, you need [intrinsic motivation](#).

Intrinsic motivation is an inner motivation that just gives you joy while performing a task.

If there is no joy, if there are no emotions and you are as dry as a twig from inside, you cannot keep going on with your work.

Though it is only temporary.

2. No libido

There will be no morning wood.

There will be no sexual arousal during this time and most of the *fapstronaut*-a fancy name for them who do no fap- quit nofap thinking that there is something wrong with them and go back to the old ways.

3. Brain fog

[Brain fog](#) is the inability to think clearly.

You couldn't focus, and whatever you study, it will seem like vaporizing after a moment.

Your mind will wander everywhere, except where you want to concentrate, and your memory will be weak.

Again, this is temporary.

4. Insomnia

Insomnia can happen to a few people during nofap flatline.

I was lucky because I slept like a panda during the flatline period.

If you cannot sleep during these nights, do not worry; this is again temporary.

5. Depression

Of course, you will go into a temporarily depressed state of mind if you don't know what is happening.

You will see your future dark, cry at night, bite your blanket in frustration, and curse God for this life.

You want to do something, you want to improve your life, but you cannot do anything.

The inability is frustrating.

You will avoid people; you will hide in your room, you will let the cell phone ring without bothering to receive and listen about their happy life.

This is temporary.

6. Fatigue

You will lie in bed most of the time.

You will not do any physical activity, but still, you will feel tired.

What the heck is going on with you? It will be a great challenge to do any physical or mental work around this time.

You don't even feel like taking a bath and guess what- yes, of course, this is temporary too.

7. Urge to eat fast food or drinking alcohol

During nofap flatline, the urge to eat fast food, drinking alcohol, or taking drugs will be a common symptom.

Your brain is not receiving that happy chemical hits anymore; it is crying for it.

Anything that can give you fast happiness- ice cream, pizza, KFC chicken, Budweiser, marijuana, etc., you will want to go for it.

Your brain identifies these as a mood booster in your previous life experiences and now it wants to experience again.

This is temporary too.

8. The other symptoms are mood swings, muscle fatigue, anxiety, excessive anger, etc.

WHAT IS THE SCIENCE BEHIND THE NOFAP FLATLINES?

Unfortunately, I couldn't come across any exact scientific explanation regarding what happens to our brain during nofap flatline.

The common explanation is that our brain goes through a rebooting process.

We know that the [brain rewires itself](#) when we perform a task or don't perform a task.

In [neuroplasticity](#), new neurons and existing neural pathways strengthen when we perform a new task and repeat the same task, respectively.

Again, if we stop doing something for a long time, the already wired pathways for that activity start to shrink and become dormant.

In nofap, the neural pathways that have been created for watching porn and masturbation start to become dormant and shrink over time.

These explanations are not clear, and science hasn't proved much about the nofap benefits yet.

But, if science hasn't discovered something, that doesn't mean it is false.

The belief of nofap depends on person-to-person experience, and I hope, soon, there will be more scientific research on nofap.

WHEN NOFAP FLATLINES OCCUR, AND HOW LONG WILL IT LAST?

First, the nofap flatline can occur multiple times to a person during his nofap journey, or just one time depending on your past experiences in nofap.

Why does this happen? Again, no scientific explanation yet.

The nofap flatlines can occur right after the next day of nofap.

It can also happen after two years of nofap.

Some people and this is very rare, don't feel the flatline at all.

The common flatline that most of us experience is after two to three weeks, and it can last up to a week, a month, or even several months.

I haven't come across a person who experiences nofap flatlines for more than a year.

Maybe it is possible. If there is someone, please let me know at admin@basicideaz.com

What are the stages of Nofap flatlines?

There are two stages of nofap flatline.

1. Withdrawal stage:

This is the stage when you will see all the symptoms that have been mentioned above.

This is the most challenging stage, and many give up and go back to watching porn at this stage.

2. Coasting stage:

This stage of nofap flatline is a good stage.

Your emotions will start to surface back, and your moods begin to improve gradually.

You will feel new joy and excitement in smaller work.

It is like coming out of a dark cave after staying there for a few days.

It is the light at the end of your tunnel.

HOW DO YOU GET INTO NOFAP FLATLINES? IS IT RAPID OR A SLOW PROCESS?

You can get into nofap flatlines on any day without warning.

You may be motivated and feel good in the morning, but suddenly by the evening, you will lose all your appetite for life. (A personal experience).

You may go to bed with all the plannings for the next day, and when you open your eyes in the morning, there is not an iota of energy to perform your task.

You may wonder and say, what the heck just happen?

On the other hand, the withdrawal from the flatline is also not that slow.

When you survive the flatline period without watching porn, the comeback of your emotions is just waiting around the corner.

It will be steady, and every day you will feel better about yourself and more productive.

This happens after the coasting stage.

You will find your self-belief is returning; you will find interest in talking with others, you will look at your opposite sex differently, in a better way.

You will look at them with respect and start valuing your life more than ever.

This is what most people experiences, and it doesn't mean you will experience the same.

The only universal factor in the nofap flatline is that these cold experiences are for the short term, which applies to everybody.

THE STRATEGIES TO OVERCOME THE NOFAP FLATLINE QUICKLY

Some activities can delay your flatline recovery, and some activities can overcome your flatline quickly.

Let's discuss each of them in detail:

Nofap flatline delaying activities

1. Do not test with porn:

During the flatline, there will be no libido, and you may think that you are never going to feel your urges back.

You may even try to watch porn again, just to check if your libido comes back or not.

Advice: Don't do that. By doing that, you are firing your porn neurons back.

The whole point of nofap is making the pathways shrink and dormant.

If you watch porn again, you are strengthening your pathways back, irrespective of your masturbation.

2. Cheating

Ok, you may say, I will not watch porn, but I will just chat with hotties, see their pictures or watch a game of throne scene.

No, you cannot. Those people recover quickly who consistently avoid all kinds of porn.

3. Overthinking

You keep browsing and reading one after another article on nofap flatline, but you are still not convinced.

You think your one is different. You feel different, and your flatline came late or too early, and you are not sure that this is even a flatline.

Don't overthink it, just be patient, and stop browsing articles after articles.

It will pass eventually. Just experience it with a calm mind.

[Nofap flatline overcomes activities.](#)

1. Boredom

Do this activity if you trust your willpower, and this is the only activity in which I saw fast results.

In flatline, you don't feel any pleasure by doing any activities.

In this case, your brain craves happy chemicals.

It looks for an alternative from where you got a burst of happy chemicals in the past.

Fast food, video games, and drugs are the few examples from where it can get quick gratification.

What I did in flatline was, I let my brain starve for the pleasure chemicals.

I didn't even use social media, nor played any video games. I just lay on my bed and became bored as much as possible.

I compel my brain to like small stuff like reading and writing.

I had three flatlines, and all three took an average of 10 days.

I don't recommend this to you. This is too hard on yourself.

If you feel like playing video games and eating fast food, do it. At least, you are not watching porn—one thing at a time.

2. *Patience*

You know what is happening to you, and this may take up to several months to get your emotions back.

You can read the success stories on nofap.com and motivate yourself to continue on this journey.

But, the most crucial factor in this journey is your patience.

Sure, you can read an article that suggests you can do the **physical workout, meditation, morning cold shower, etc.**

If you can do all these activities then good for you, go ahead and do it.

I am never able to do it. The point of flatline is not feeling any emotions while doing anything, and if you think you can do it without any motivation, kudos to you.

The only thing I will suggest is to have patience and know that this is temporary.

3. *Join forums*

When you will know, you are not alone in this journey, you will feel good about yourself, and that is nothing but releasing happy chemicals in your brain.

Join the subreddit [r/nofap](https://www.reddit.com/r/nofap), join the [nofap forum](https://www.nofapforum.com), and talk with people who are also in the same stage of your life.

This will help a lot.

It is highly recommended.

CONCLUSION

Nofap is a personal experience.

There is not much scientific study conducted in this area.

This is something you have to do on your own and check the result.

If you want to boost your life, change the course of your journey, and if you don't want to die mediocre, then give it a try for at least 30 days.

I mean, what are you going to lose? Haven't you already lost so much?

Nofap has changed my life and millions of others.

You can check my other works on forming habits, self-esteem, procrastination by clicking the resource section.

I hope you are successful at what you do and live a healthy and stress-free life.

Best

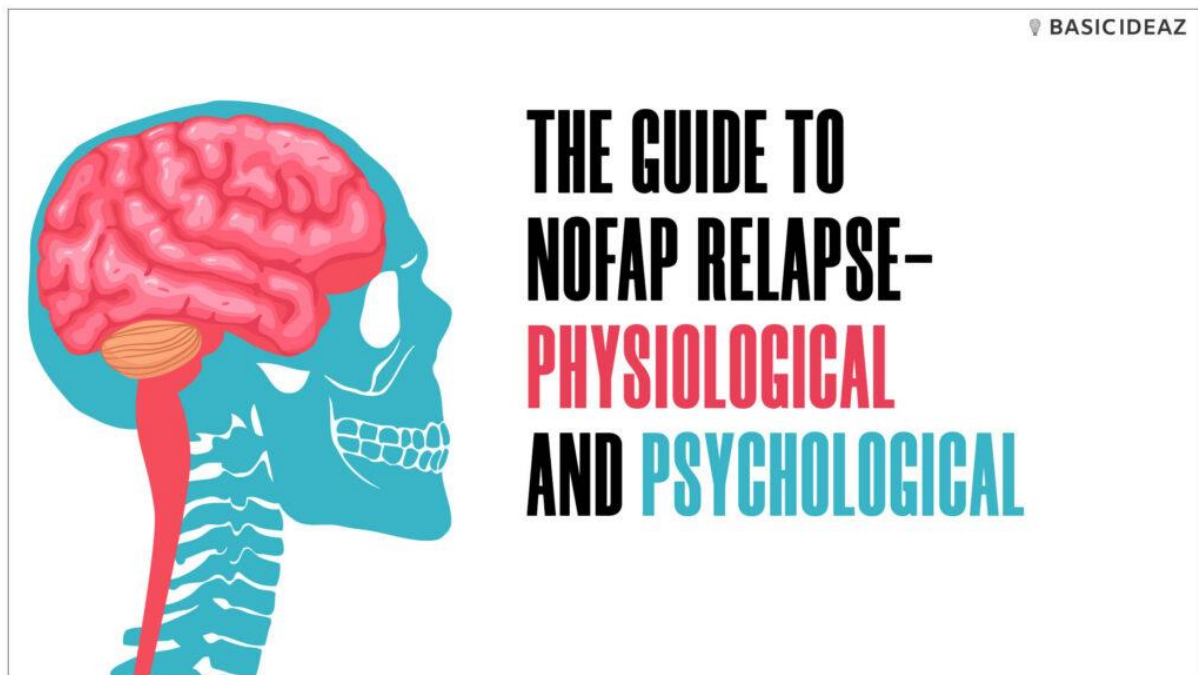
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THE GUIDE TO NOFAP RELAPSE- PHYSIOLOGICAL AND PSYCHOLOGICAL

After reading this article you will never relapse in nofap.

Why is that?

When we know why we relapse, we can take action against it. Right?



First thing first,

WHAT IS NOFAP RELAPSE?

Nofap relapse is breaking your nofap streak by going into PMO (Porn, Masturbation, and orgasm).

Watching only porn is not a relapse, but it will eventually lead you to relapse, and no, wet dreams during nofap is also not a relapse either.

As long as you are not masturbating by watching porn, it is not a relapse.

What about only masturbation? Isn't that a relapse?

Before answering this, I want to ask, why you are doing nofap.

Is it because you want to improve your life and experience all the amazing benefits that you read online or do you just want to get rid of porn addiction?

If your goal is the former one, then it means, you have to retain your semen.

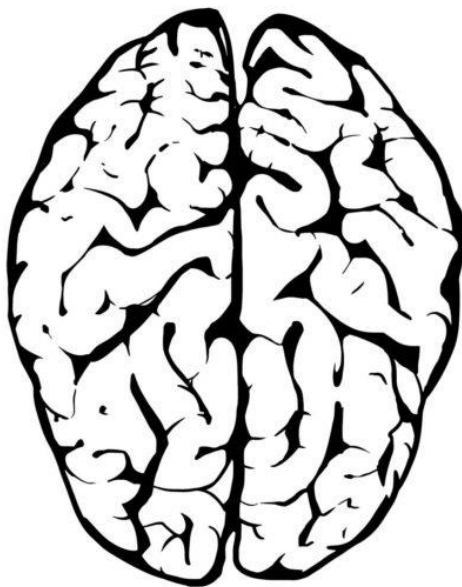
All these benefits come from semen retention and if you masturbate, perhaps you will get over porn addiction, but you may not experience all those benefits.

So, coming back to our topic, why do we relapse during nofap?

Is it because our willpower is low, or is it because of the urges?

Let's understand both physiological and psychological reasons.

PHYSIOLOGICAL REASONS FOR NOFAP RELAPSE.



The physiological reasons for nofap relapse come with the understanding of why we get addicted to porn in the first place.

We get addicted to porn because of the vast release of happy chemicals in our brains.

These happy chemicals are **dopamine, oxytocin, endorphin, and serotonin** which are also known as neurotransmitters.

There are three factors for which these releases of chemicals vary in our brains.

1. Immediate gratification and close to survival.

We like immediate gratification rather than doing something that may or may not result in the distant future.

Whenever we do something, that is close to survival and the results are immediate, our brain releases happy chemicals.

These happy chemicals make us happy and want us to repeat the same behavior over and over again.

The closer the activity to survival, the release of happy chemicals will be more than any other activity.

The activities include sex, love, food, drugs, watching videos, or surfing the internet.

Now, you may think, how surfing the internet is close to survival?

Surfing videos or social media may not be directly close to survival, but it gives us instant gratification.

The tricky part here is, our brain doesn't know the nature of an activity is bad or good, it only knows this activity releases happy chemicals and marks it as important.

2. Scarcity

The other important factor that boosts chemical release in our brain is **scarcity**.

There will be a higher amount of chemical release if the nature of the activity is scarce.

In ancient times, our ancestors risk their lives for food.

Finding food in the dangerous forest was more rewarding than the present.

Now, food is everywhere but still, if you donate a meal to a beggar he will be happier than you.

Scarcity is the reason that we get overwhelmed when we achieve something after a lot of hard work.

If you just get a high-paying job every day, you will not be as thrilled if you get it by an interview process where a thousand other participants participate.

You will not be thrilled to earn 1000 USD every month if you already have an abundance of money.

Now, you may also question, but porn is not scarce? There is an abundance of it.

There is more than abundance.

3. Novelty

This brings us to our next factor of high dopamine release.

It is called **novelty**.

An experiment was done with rats where a male rat was placed into an enclosed large box with four or five female rats.

He immediately began to mate with all the female rats repeatedly until he eventually became exhausted.

He didn't respond despite their nudging and licking but when a new female rat was placed in the cage, the male rat became alert again and started mating with the new rat.

This is called the Coolidge effect.

Try to masturbate on the same porn every day.

Soon, you will lose interest in that porn.

Today's high-speed internet provides us an overwhelming amount of porn at the tip of our fingers.

This gives us an unlimited amount of novelty porn for which some people are so addicted to porn that they masturbate not once or twice a day, but more than four times.

So, now the real question is why do we relapse?

When we repeat the same behavior every day we create neural pathways for that particular activity in our brain.

Through these pathways, the neurotransmitter travels and makes us feel all these emotions.

The stronger the pathways, the more habitual we will become for that activity. This is neuroplasticity.

Our brain changes physically when we do something new or repeat a behavior.

The opposite is also true.

When we do not repeat the behavior, the neural pathways start to shrink.

It becomes dormant.

One thing to remember is that, once a pathway is created, it never completely removes from our brain.

It just shrinks and if we again do the same behavior after a long time, the shrunk pathways will grow again.

When we start nofap, these pathways stop receiving the flow of chemicals.

Moreover, the brain thinks there is something wrong with you for which you are not receiving the chemicals anymore.

For the brain, it is important to our survival and because of this, it creates urges.

Here, the brain refers to the unconscious brain.

The conscious brain knows what is good and what is bad.

When there are high urges, and also because of habit we relapse in nofap.

If you are serious about nofap then you should read these three books.

This is how I began my journey and it helped me the most.

When we know what we are doing and what is going on in our brain during nofap, it helps us more to continue in our path.

How to control your urges and break the habit?

The only mantra you should keep in mind during these urges is that **this is temporary**.

The urge to watch porn and masturbate will go away eventually.

As mentioned above, the more you remain absent from doing something, the more neural pathways will shrink, and eventually, there will come a time when you will say;

why the heck I was watching these useless digital naked girls in the first place.

It is so disgusting.

This kind of thought takes time.

It is good to start with a 90 days nofap challenge or 21 days nofap challenge, but the real challenge is continuing this your whole life.

Don't worry, I am saying about PMO, not sex.

After a year and a half, nofap becomes a way of life.

If you are addicted to porn for a long time, like 10 to 15 years, trust me, it is going to take more than a year to rewire your brain completely.

So, what are the activities you can do that will help you on this nofap journey?

1. Productivity:

An idle mind is the devil's workshop & makes a person lazy, Mahatma Gandhi said that.

When you get bored, your brain looks for activities that can give some kind of happiness, quick gratification.

Porn is the quickest and most gratifying activity you can think of because it is easy and within the reach of your fingertip.

Fill your mind with productive thoughts.

Become busy today, make plans, create routines to achieve your dreams, and don't just sit there [procrastinating](#).

2. Knowledge:

Increase your knowledge of self-improvement, on every topic you are interested in.

Focus on learning rather than earning because success is something you attract by developing your character, not by focusing on the result.

Increase your knowledge, apply it without caring for the result.

Nofap is like fertile land, the only thing you need to do now is planting the seeds in this land, the trees will grow quicker than you can imagine.

3. Physical exercise and meditation:

Don't skip it. I repeat, don't skip meditation nor physical workout.

I am not saying you should go to the gym and workout like a maniac.

I am saying, in the morning when you wake up, start your day with meditation and physical workouts.

There are unlimited benefits of these two and I don't need to mention them here.

If you are interested, you can just type in google. It is that simple.

You can do yoga too.

Take care of your body, this is the ultimate wealth you can have. Don't neglect it.

4. The fourth is obvious. Keep reading articles from basicideaz.com. *hehe*... and subscribe to the weekly newsletter.

Psychological reasons for nofap relapse

To understand this in detail let's first understand Self-concept.

Self-concept:

You have a self-concept of yourself that you are aware of or unaware of.

Life events shape this concept in your subconscious mind.

Perhaps public speaking is hard for you, because you have never done it before, or perhaps you did and it didn't go very well.

Maybe you have grown up in a strict environment and because of this, there is low confidence in you that you are worthy of anything in life.

You tried a lot of things, like starting a weight loss diet, joining a gym, starting a personal business but you failed in everything, and the self-concept that you are not good at anything strengthens.

If you have a healthy self-concept, your growth in life is unstoppable.

If you have an unhealthy self-concept, no matter how much you progress in life through your hard work and skill, eventually you will fall.

This is the reason why so many people cannot handle success, why so many people cannot be successful despite trying so many times.

I have talked about self-concept in my last article in nofap:

[Nofap timeline-The complete nofap stages from Day 1 to Day 365](#)

If your subconscious mind believes that you are unworthy of success then it will do all kinds of tricks and activities to protect its belief.

The psychological problem of nofap starts from the third month of nofap, according to my experience.

For you, the experience will be different.

You will feel stress, worried about your career, your life, and all the other problems that already existed before.

There will be days when the urges will be under control but you still watch porn promising yourself that, you will not jerk off.

This eventually leads to nofap relapse sooner or later.

There will be days, when you feel like you have worked too much, let's just watch porn for some relaxation because you know you are not going to relapse.

Moreover, there will be days, when you cannot control your anger, sadness, pressure and you may feel like nothing is working.

This nofap is not as good as you expected.

But, in these times, you should only remember, these are just games played by your subconscious brain to protect its belief.

The only thing you can do in these situations is to keep going through it over and over again until your subconscious brain accepts that watching porn is actually not that important and you are worthy of success.

Nofap is difficult because according to some research porn addiction is stronger than drug addiction.

If you can go through this journey, it not only helps you with all the amazing benefits that you read online but also boosts your self-esteem.

CONCLUSION

I have concluded both physiological and psychological reasons for nofap relapse.

People who are successful in nofap are not because they have strong willpower, your willpower will increase automatically, but the real reason is why they have started it in the first place.

For some, it is because of religion, for some because of unsatisfied sex life, and for some it is because of their depressing and unsuccessful life.

What is your reason and how passionate are you about your goals?

Best

Ahbab

10 CONFIRMED BENEFITS OF NOFAP AFTER 90 DAYS

Before starting this life-changing journey, I have to admit that I too typed in google the benefits of nofap after 90 days.

There is nothing wrong with being curious to know what we are going to get on this path.

10 confirmed benefits of nofap after “90 days”



I watched videos after videos and read articles after articles to have a strong reason to start my journey.

The problem with most of those articles and youtube videos talked about fake benefits like superhuman strength, ultimate happiness, ultimate productivity, and all other ultimate benefits you can imagine.

Some of the contents are true, and because of those realistic expectations, I am sitting today on day 90 and writing this article.

This article is based on the benefits I receive and the common benefits that multiple people reported in the online community.

I hope this article helps you with your nofap journey.

1. Productivity

This is the biggest reason I started nofap three months back. I still remember the day when I cried myself to sleep every night.

I knew I was losing time and focus and had to do something urgently because I was at the bottom of my life.

I was struggling financially, emotionally, physically, and mentally. I know what I wanted to do in life, but I couldn't do it for some reason.

I know I wanted to become a novelist, and for that, I have to write, read, and do whatever else is necessary to survive my dream.

But, whenever I sit on my study table to write or open a book to read, I can't continue it for more than a minute.

There was this suppressed negative feeling or, in other words, a resistance I felt that stopped me from progressing in my goals.

There was no joy in working, no passion, and love in my soul, which frustrated me for a long time.

I couldn't enjoy anything that I did, and the more frustrated and depressed I became, the more I started watching porn.

Once I started nofap, my productivity changed.

Within three months of nofap, I started my self-help blog, wrote three short stories, one got published, currently working on my novel, and started my freelancing business.

My whole day is usually booked, and I became 1000 times busier than earlier, and not only because I want to achieve my goals; in fact, I don't concentrate on goals anymore; I just love the process now.

2. Emotional balance.

Many nofappers (a made-up word for people on nofap), including me, have reported that they are now more emotionally balanced than before.

Of course, 90 days nofap is not going to make you a monk. It takes longer than that, but it certainly affected me on several emotional levels.

I am more calm and balanced than before. Perhaps, this is because of the mindfulness meditation I am doing from the last 81 days, but I can certainly feel nofap has a big part in it.

Besides, I have started mindfulness meditation because of nofap.

Nofap means improving ourselves, and over time I have become obsessed with improving myself.

I strongly believe in the quote of Jim Rohn, "Success is something you attract by the person you become."

I started reading self-help books on meditation, self-esteem, productivity, neuroscience, psychology, and other books that can help me in this self-discovery.

Most of my website's content comes from these books, and I rarely copy other materials to write my articles.

Emotional balance doesn't mean emotionless human beings. On the contrary, I am more emotional than before, but these emotions are genuine.

My parents helped and sacrificed a lot for my brother and me, but I never understood their love. I never appreciate what they do for us. Now I do.

This helps me to [accept my responsibility](#) in life.

I don't cry for things that I simply cannot have. I don't run after things or people that I cannot have. I am in the development of emotional balance, which is improving day by day.

3. Self-esteem

In simple [self-esteem means your self-worth and self-efficacy](#). It is your opinion about yourself. Are you worthy of happiness? Do you deserve success? Do you believe in your mind that you can achieve anything in life?

These are signs of healthy self-esteem.

When we watch porn and masturbate, we release our energy to nothing. We feel guilty and also feel worthless. This feeling of worthlessness can come from your negative thinking.

Your negative thinking comes from not having success in any field. Your not having success is coming from not having a love for any activity.

You try every day, you make plans, you schedule things, you watch motivational videos, read books, and after all this, still, you fail. This leads to frustration and negative opinion about yourself.

Your self-worth and self-efficacy go down because of your negative life events.

When you start nofap, you start doing something that is more difficult than anything you have come across in your life. You are doing something by your choice, and you are succeeding at it.

This gives a boost to your attitude, your self-worth. Besides, when you start working and feel more about life, you realize you belong to this world and deserve love and success.

In short, your self-esteem rises.

This is a long topic, which I will discuss in another article. Moreover, if you want to know about self-esteem, you can visit these articles:

1. [The hen who bites her own children- A story to improve self-esteem \(1\)](#)

2. [The boy who lived unconsciously- A story to improve self-esteem\(2\)](#)
3. [The Unauthentic man- A story to improve self-esteem. \(3\)](#)

4. Mental clarity

Have you ever been confused about what you want to do in life? I mean, there is this passion in you, and you know if you can convert this passion into a profession, life would be a lot happier. But, for some reason, you always get distracted for these short-term goals, and your ultimate vision about your life gets blurry.

I was, perhaps, one of the most confused people in the world. After college, I started preparing for MBA exams; I left after the first failure. I started M.com and left after the first semester.

I got a job and left after seven months and started amazon business, which I left after three months. I blamed I don't have enough capital to run a business. I blame the circumstances that I am the unluckiest person.

But, deep down somewhere, I knew the fault was mine.

I wanted to write stories. I started my first novel in 2015, and I am still writing the same story from the last five years.

Somewhere in my journey, doubts crept in my head, my self-belief went down and started asking questions about my life choices.

Most of us are in the state where they still don't know what they want to do in life, and some know what they want to do, but their vision is still blurry.

My mental clarity came during nofap, and it is still getting clearer. I know what I have to do, and I am doing it every day. I would not have written this article if my mental state hadn't been improved.

There was too much noise in my brain. It is now reducing.

5. Girls attraction

When you come out of the digital world, you start loving the real world. Now, most of the boys will start nofap because of this, and when I started, I thought this is a total hocus-pocus. [How can girls be attracted to you if you start nofap?](#)

But it is not.

This won't be easy to explain because this is something you experience intensely within you, but I will still try to explain it.

When you watch porn, most of the boys view girls as a fantasy. You are not able to make eye contact because of your lower self-esteem.

Once you store the energy inside you by nofap, it starts reflecting in your behavior, your activities, and your thinking. Your energy has to be released in some way. You feel more confident and calm, you start making eye contact with girls when speaking, your tone is soothing, and at the same time harsh, you are confident, and at the same time shy, you are calm and at the same time nervous.

I know this sounds poetic, but it is what it is. Your attitude towards people, not just girls, starts changing, and people start liking being around you.

Of course, all this starts by the third month or in the fourth, but as time will pass, you will become a magnet that attracts people's attention.

Moreover, now you don't run after anyone who is not worthy of your attention. You don't cry for someone whom you cannot have. Of course, you will feel bad, because you are human, but you can move on easily because you are too valuable in your own eyes.

I am only on day 90, and I have started experiencing these symptoms.

I will write another article on day 180 and let you know what happens.

6. Social Anxiety

I avoid parties, social gatherings, and even phone calls. I avoid as much human interaction as I could. What are they going to ask me? How am I doing with my life? How are things going? Or maybe just want to have a normal conversation.

Whatever the reason is, I avoid all kinds of interaction possible and indulge myself in the digital world. A world that is safe, indirect and no one will harm me.

This was me before the nofap.

I couldn't even talk to my clients on the phone or a video chat. I could perform in front of an audience, nor could I deliver a speech.

I don't know how much I have changed now, perhaps I will still have stage fright, but there is something new in me.

I have this unknown confidence in me that I can talk in front of a broad audience, call that client and seal the deal, I can involve myself in parties and talk about whatever is going on in my life.

In short, the change is, I don't complain and run away from anxiety, but to accept them with open arms.

I admit I still have anxiety, and I don't know if it will change any in the upcoming days, but I can tell something is happening in my psyche.

7. Romantic Love

My perception regarding love has shifted from north pole to south. When I felt worthless and had low self-esteem, my perception of love was receiving; now, it has shifted to 'giving'.

Let me explain:

I was a beggar for love, I kept hoping that my special one would accept me someday, and I kept running after her with that hope. I wanted to be accepted by her, I wanted her love, wanted her attention, and wanted to feel special to that significant other.

You can see where I am going, I wanted, I wanted, I wanted...

There were no genuine emotions involved except the desperate want of acceptance.

My perception was, If I am not worthy in front of my eyes, I want to be worthy in front of others, and that would make me happy.

How can someone love you if you don't love yourself?

Now, after 90 days, I am calm, and my perception has shifted. I feel genuine emotions and genuine happiness. I feel more like giving than receiving anything.

If she needs me, I am here; if she doesn't need me, I will disappear.

I don't need to be validated by anyone else when I already have respect for myself. I am not running after anyone.

This is my personal account, of course.

Other nofappers have reported that their love and sex life has increased after starting the nofap journey. They feel more emotionally involved in their relationship and have a better understanding of each other.

Your digital fantasy regarding love and sex started to disappear, and your attention shifts to real women. You realize whatever you see in those clips or movies is fake, and the real world is far different and better than that.

8. Focus and Concentration

After [nofap flatline](#), I lost my concentration power.

If you want to know what a nofap flatline is, I have written a detailed article.

The link is given below:

[The complete guide to nofap flatline and how to overcome it.](#)

My flatline started in the fourth week, and it lasted for two to three weeks. Flatline is a period where you lose all the interest in your life, and your emotions go flat like a straight line.

This is believed due to the rewiring of your brain, and it is temporary.

Anyways, after the flatline, when my interest in my work or any other activities started to surface in my life, I found myself distracted even by the little noises. I became frustrated and felt like quitting nofap because it was not working. It happened after day 40 in my case.

My neighbors yelling or car honking on the road distracted me from concentrating anything. I couldn't even read a single line and had to repeat the same line over and over again to understand it.

I was so frustrated and angry at my inability to do the one thing that I enjoy the most: reading.

My meditation was not working, nofap was not working, and because of this, I started researching on the internet again.

I found whatever happened to me, called brain fog, is a normal event, and soon it will go away. It is nothing but a withdrawal symptom from porn.

As it said, my concentration power started to return.

Now, my focus for life, what I wanted to do, as I mentioned above in the mental clarity point, got clear, and I started writing.

I always knew what I wanted to do in life, and I could remain focused on writing for some time, but soon I got distracted by video games, social media, or youtube videos. I left writing in 2017 and started playing video games 14 hours a day.

I knew I was going nowhere in life, but I didn't want to accept reality because it was painful.

Now, everything has changed. I am more focused on my writing and more centered than before.

9. Energy

I used to get tired without doing anything. After leaving my job in 2017, I used to lie down whole or play video games.

I desperately wanted to be successful without improving myself, and my mind was filled with all the negativities which drained my energy even more.

I could sit at my work station for 30 minutes to 1 hour in the morning, and after that, my energy deflates.

My mental energy, as well as physical, was very low. This reflected in every aspect of my life, and not just only in my productivity.

I was not good at conversation, I got easily angry and frustrated and pessimistic about almost everything.

My future seems dark, I am not going to do anything in life, I am bad at everything, and I envy successful people and get most of the time jealous with their success. I convince myself that I am unlucky and they were just lucky and that God doesn't love me and all other b.s

After 90 days of nofap, these mental blocks disappeared. I take threats and failure as a challenge now and view my future as an optimist. This massive change of perception not only supplies me with mental energy but also physically.

I wake up early by seven in the morning now, planning to wake up at 4 am. I will let you know on my next update. I am proud of myself to wake up at seven because I used to wake up at 2 or 3 pm.

Yes, you read it right, 2 or 3 in the afternoon.

Semen is energy and is also the food for your brain.

This energy reflects in my productivity, my communication, my laugh, and all the activities I set my mind into.

10. Skin condition

This is something that I didn't expect. It came as a surprise. I had the roughest and pale skin.

You can see some people once, and you will feel that something is off about that person. Something is dry; there is no juice flowing in his life.

And there are people whose skin keeps glowing despite any weather and seems refreshed and healthier.

My skin was like the twig of a dead tree. Though I was never concerned about my looks, I still noticed my skin condition when it started to improve.

It became colorful, healthier, polished and the small acne I was suffering started to disappear.

I am 27 years old, and I cannot guarantee a teenager that their acne will disappear if they start nofap. I am not sure what will be the result if a teenager starts nofap.

Do let me know if you start, at admin@basicideaz.com

I never use any moisturizer or body lotion, but it seems now, there is always moisture in my pores. It never goes dry.

Conclusion

Though there are other benefits people have reported in nofap like pied cure, loss of hair fall reduced, or muscle growth, I never experienced these problems before. Therefore I couldn't share any benefits for these.

My reason for starting nofap was productivity. Some start nofap for their love life or their skin conditioning or their physic, but whatever the reason is, nofap is definitely going to help you in your journey.

Nofap is like the fertile land where you can grow any productive habits you want, and it will grow rapidly.

10 NEGATIVE EFFECTS OF PORNOGRAPHY ADDICTION



There are more than 10 negative effects of pornography addiction that are affecting our daily lives.

It can vary from physical issues to psychological illness.

The most common negative effects of pornography addiction are given below.

1. UNABLE TO LOVE

People who watch pornography have reported that their love for their spouse and others are there somewhere in them, but unable to connect or show it.

They can't connect to their parents, to their wives or girlfriends, to their friends, or with any other individual.

These viewers of pornography are unable to connect on an emotional level with any individual.

Because of this, viewers suffer from bad relationships and failures in other areas of life.

But why does this happen?

Humans are social beings. Our primal brain is designed for society and we greatly enjoy the company of others when we are included and accepted in a group.

But to bond with others, we need to connect on an emotional level. We want to feel the joy to be with others and others also need to feel the same.

But, a pornography viewer doesn't feel any joy in the small things in any relationships.

He doesn't enjoy the company of others, he doesn't like talking, walking, sharing secrets, spending time with important people, etc.

He blames others for a bad relationship, he doesn't want to deal with the real world because according to his brain, there is a secret world for him, a safe world that makes him happy.

The pornography viewer is attached to the digital fantasy world. The only thing that can make him happy is pornography.

2. CAREER FAILURE

The negative effects of pornography addiction don't end only in failed relationships. It greatly affects your productivity.

To work we need *Intrinsic motivation*. I have highlighted intrinsic because extrinsic motivation is temporary and it will not lead you to success, except for a start.

Extrinsic motivation like money or other external rewards will energize you for the beginning but soon the motivation will fade away.

If you don't enjoy your work while doing it, you have to drag yourself to complete it or in other words, you have to use your willpower.

We all know how our willpower works. The result of your work is always unsatisfactory.

On the other hand, if we feel Joy (intrinsic motivation) while working on our task, the quality and quantity of our work improve.

The pornography viewer doesn't enjoy their work.

They look at the task at their hand as a burden. They force themselves to work on their pending activities, but they can't.

This leads to frustration, stress, and anxiety. Again, frustration, stress, and anxiety lead to pornography.

The cycle continues and our activities keep getting delayed.

The work that we complete because of the fear of getting fired or any other external force is never satisfied and it leads you to nowhere.

But, why does this happen?

I have discussed the role of brain chemicals like dopamine, serotonin, endorphin, etc in several other articles.

I am not going to bore my readers with these in this article. If you are interested to know, you can visit the following link:

<https://basicideaz.com/articles/>

But, I will discuss the summary of these chemicals that are affecting our work performance when we watch pornography.

When we watch pornography, our happy chemicals surge and gives us a euphoria moment.

Again, when we repeat the same behavior every day, our brains start to predict the high chemicals hit every day.

If we fail to provide the hit, we get uncomfortable and unhappy.

Our brain doesn't care for other activities because it knows the level of this chemical hit can only be provided by pornography.

With the hope of getting the same hit every time, we view novelty porn minute after minute, hour after hour, day after day, and it takes hours before we find the perfect clip.

Once we are satisfied and rested, the urge to get the hit comes sooner than we think.

There is no release of happy chemicals from our work because our reward system in our brain is exhausted.

The things that we were passionate about once now seem dull and boring.

This is one of the biggest negative effects of pornography addiction that leads me to [nofap](#).

3. LOW SELF-ESTEEM

Self-esteem is having the confidence of completing your work and also having self-respect for yourself. It is the opinion about your self-image that greatly affects your life.

A person with high self-esteem lives a much happier and successful life than a person with low or no self-esteem.

It affects your relationships, career, and all the other aspects of your life.

A viewer suffers from low self-esteem for various reasons.

1. As mentioned above the productivity of a pornography viewer goes down because the internal motivation goes down.

He doesn't receive any happiness from his work and this leads to frustration and self-loathing.

A person who is unable to perform his most important task has no self-efficacy.

Without self-efficacy, there is no self-esteem.

2. Most of the viewers feel guilty and shame after watching porn, and the self-respect for themselves goes down.

They promise themselves that they will not watch pornography anymore and start nofap, but most of them fail.

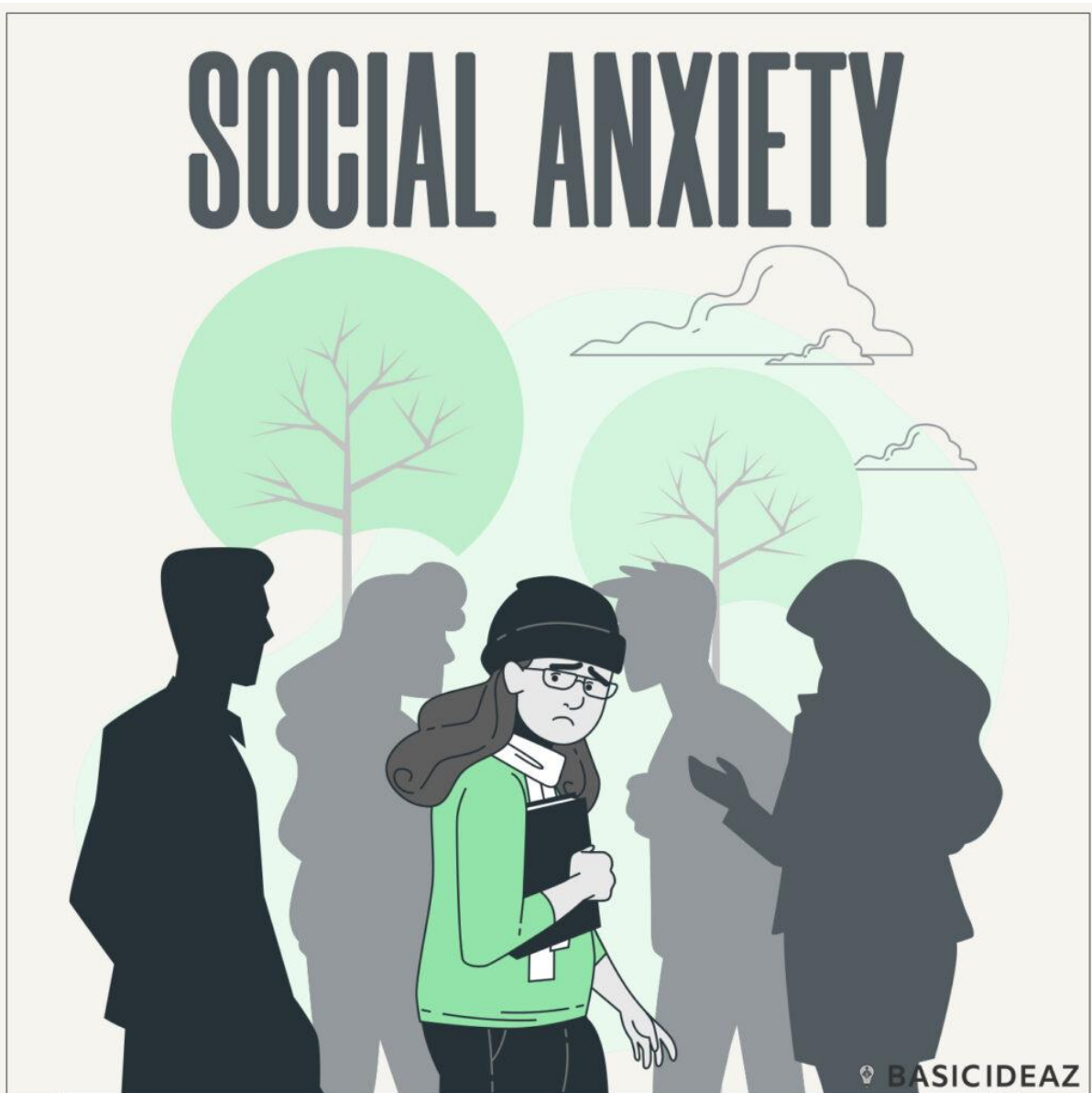
This leads to more self-loathing. The virtuous circle of promise and self-loathing continues until it becomes your identity.

A self-image of a loser, who can never be happy in life, and shame and guilt leads them into depression.

These people don't respect others and they don't even respect themselves.

When there is no self-respect, there is always low or no self-esteem.

4. SOCIAL ANXIETY



Social anxiety is one of the most common negative effects of pornography addiction. Several pornography viewers have reported that they find it hard to socialize with real people.

They avoid social gatherings, meeting new people, teachers, friends, and even their parents.

These people have reported having difficulty in making eye contact with others.

But why? What social anxiety has to do with pornography addiction?

People have social anxiety for several reasons. It may be genetic or maybe because of wrong parenting.

Whatever the reason, the baseline for social anxiety is having the self-image of inferiority to other people.

It is much easier to talk to your close friend rather than talking to a stranger. It is much easier to talk to a beggar, rather than talking to a successful person.

A pornography viewer feels inferior to others for various reasons.

1. He is incapable of achieving his dreams. This leads to frustration and self-loathe as mentioned above. He curses himself every time he watches and it converts into a negative self-image in the long run.

The self-belief that he is not entitled to happiness, that he doesn't belong to society creates an inferiority complex within himself.

The viewer may be aware of this inferiority complex or maybe unaware but your subconscious brain works according to your belief.

2. He is incapable to love.

I know this is the repeated information that is mentioned above.

But it has a direct link to our social anxiety.

A person who cannot love himself is unable to love anyone. The relationships that are based on true mutual love start to shatter.

There are thousands of examples where pornography has ruined marriages, committed relationships, relationships with their parents, relatives, etc.

He doesn't enjoy anyone's company but he craves for them. This leads to unhappiness.

When a person is facing unhappiness, the brain thinks that it is a threat to his survival.

It tries to protect us from outside harm by creating fear within us: A smiling stranger, a group of people, the girl you like, public speaking, etc.

The stranger might make fun of you, so does the group of people or the girl you love or the public speaking can be a disaster.

5. LOW WILLPOWER

The prefrontal cortex is responsible for our willpower. Therefore, willpower is a muscle and like any other muscle, it can be trained and strengthened. The opposite is also true.

Once you stop training, your willpower starts to decrease.

According to Kelly McGonigal, and author of **The willpower instinct** says willpower is a response that comes from both the brain and the body.

The willpower response is the reaction of internal conflict. You want to do one thing, such as smoke a cigarette or supersize your lunch, but know you shouldn't. Or you know you should do something, like file your taxes or go to the gym, but you'd rather do nothing.

Training your willpower is resisting your urges for short term gratification.

The pornography viewers often say to themselves after each relapse that they don't have willpower.

They also say how they are supposed to resist their urges if they don't have it in the first place.

This confirmation of not having willpower further helps these viewers to relapse.

But, I am not going to talk about how to quit pornography addiction in this article.

In future articles, I am going to discuss the best way to quit porn addiction for good. You will realize that quitting porn addiction doesn't have to do anything with your willpower.

But, certainly, willpower does help to live a quality life.

People who have higher willpower, have better self-control, better discipline, and achieve success in life.

But why pornography addiction lower our willpower?

1. To exercise our willpower we need energy. A person has limited energy to perform his daily activities.

Shame and guilt waste a lot of mental energy.

If you imagine a pond and the water as the energy of a person, then shame and guilt act as a leakage for the pond.

A depressed person unable to finish his activities properly or if he does finish, the final product is usually bad.

To complete an activity he needs energy, both physical and mental.

A pornography viewer blames himself for his addiction and feels guilty every time he views it. The inability to love or work also creates shame and frustration within himself.

His energy gets wasted in his negative thoughts, and this again leads to relapse.

In other words, he is unable to train his prefrontal lobe.

2. In the study ["Brain structure and functional connectivity associated with pornography consumption"](#) published in the psychiatry journal, experts at German's Max plank Institute found that **more porn correlated with less grey matter and reduced reward activity when viewing porn.**

In other words, porn weakens the prefrontal cortex, which reduces our willpower.

6. BRAIN FOG

1. You read a sentence but you don't understand it. So, you read it again.
2. You know what you want to do in life, but for some reason, you don't believe in it. There is no hope that you can achieve your dreams.
3. You cannot remember anything for more than an hour or a minute.
4. You feel frustrated and inferior that you are unable to focus on anything.
5. There are doubts, negative thoughts and every day seem like a chore to be alive.

Brain fog is the opposite of mental clarity. When there is brain fog, your life runs on impulses.

It becomes hard for you to control your thoughts or consequences.

Moreover, it becomes challenging to focus on anything, your memory seems dull because you cannot remember anything for more than a minute or hour.

You cannot think straight and most of the time, thinking becomes tiresome for you.

Here is a small paragraph of a viewer:

“Thinking about complex matters becomes almost impossible. If I try to plan ahead, assess a situation, solve a problem or analyze something my brain stutters, whines and gives up like an old engine on a cold morning.

A few seconds is all I can muster before I give up, lie down and load up Netflix.”

This is how he felt while he was a regular viewer.

But how pornography addiction creates brain fog?

Dopamine imbalance is one of the causes of brain fog. Dopamine is a pleasure hormone because when it releases, you feel euphoric.

Dopamine is also known as the motivation chemical. When there is no motivation to focus on anything, no enjoyment in other activities; brain fog is imminent.

The release of dopamine in pornography is abnormal because of several elements.

1. **Novelty:** Our brain releases happy hormones on novelty. The release of a new iPhone, new clothes, new places, new cars, etc releases happy hormones.

The internet is a treasure for novelty porn. With the high-speed internet on your fingertip, you can surf all day for novelty porn.

The rush of dopamine never stops.

2. Basic Needs: The primary task of our brain is survival and it will do everything in its power to survive our genes. The brain is always looking for a way to feel good because that promotes survival.

The activities that are closer to survival releases more happy hormones than any other activities.

Sure food, sex, and home are the fundamental needs of humans.

The brain of a pornography addict releases an abnormal amount of dopamine thinking it is related to survival.

3. The other elements that cause dopamine imbalance for a pornography addict are fantasy, easy access, stress relief, etc.

7. GIRLS' ATTRACTION



A pornography viewer doesn't only fail to attract girls but anyone that is somehow involved in his life.

Girls' attraction is one of the most important negative effects of pornography addiction for which guys go into nofap.

Our primal brain seeks physical relationships, social bonding, respect, status, etc. one may say they prefer to live alone, but your primal brain knows the truth.

We feel good when we are respected by our fellow group or from the opposite gender.

But, a pornography addict fails to attract girls or anyone he likes.

He doesn't become the center of attraction when he walks into the room, nor does he feel any respect for him from others.

Why does pornography addiction decrease girls' attraction?

The qualities of an attractive male are given below:

1. Emotional Independence.
2. Not needy for others' approval.
3. Self-confident.
4. High Self-esteem.
5. Social status & Resources.
6. Physically healthy.

The baseline for an attractive male is not neediness. A needy person is unattractive to anyone.

A person who seeks others' approval, begs for love and acceptance, runs after people who don't respect him, is emotionally unable, dependent on others for his own happiness is unattractive. This is neediness.

Neediness=1/Attraction.

This is the formula of attraction.

A pornography viewer is emotionally dependent on others because he has low self-esteem. He doesn't respect himself and he believes he is not worthy of any love.

He fails to socialize himself in the real world because of his digital attachment and view girls as sex objects.

Girls on the other hand can detect these qualities of man from his behavior. No matter how much a person tries to fake, a high esteem girl will detect the flaws of the man.

8. ANGER AND AGGRESSION

Anger and aggression are common when it comes to the negative effects of pornography addiction.

People who are frequent viewers have reported that they are unable to deal with difficult situations and most often find themselves raging and breaking stuff.

This leads to big fights with parents or with their spouse or sometimes with their bosses.

Why pornography addiction leads to anger and aggression?

1. **Low willpower:** As mentioned above people who view pornography lose grey matter in the prefrontal cortex.

Our prefrontal cortex is responsible for our logical thinking and making the right decisions in life. It is responsible for controlling our impulses.

It is also responsible for self-discipline, perseverance, self-control, chasing our dreams, etc.

But when our prefrontal cortex starts to get weak, we easily surrender to our impulses. It becomes hard to control our anger issues and become aggressive to defend ourselves.

2. **Mental energy:** A pornography addict doesn't only lose physical energy but also mental energy.

After every relapse, a viewer curses himself for his inability to control his urges and this leads to frustration and disappointment. These negative thoughts drain his mental energy and the viewer remains mentally fatigued most of the time.

When a person is mentally fatigued, it is hard to implement self-control and discipline.

9. LOW ENERGY

For people who are in nofap, almost everyone has reported an increase in their energy level. The pornography addict loses physical strength and it directly impacts their daily work.

People who have joined the gym can experience the level of energy they lose after every relapse.

Besides the physical energy, pornography addicts also reported about mental energy.

As mentioned above, they don't feel mentally energized to complete simple work like filing their taxes.

Any activity that is mundane or difficult, they try to void consciously or unconsciously.

Why Pornography addiction leads to low energy?

One of the main reasons for low energy is negative thoughts. Negative thoughts drain your energy and lead you to depression.

Moreover, there is no scientific evidence that supports pornography addiction cause less physical strength.

In my opinion, this is something you have to experience on your own.

The *nofappers* have reported in various forms that the level of physical and mental strength keeps improving day after day during nofap.

Moreover, their happiness and self-discipline have improved.

I believe when a person starts to become happy, his physical and mental energy starts to improve.

10. ROUGH SKIN AND HAIR FALL

The last but not the least negative effects of pornography addiction are losing your hair and dull skin condition.

People who are on nofap have reported the overall improvement in skin condition and reduction in hair loss.

Again, there is no scientific evidence to support this claim but this is something I personally have experienced.

After a month on nofap, my skin became much smoother and lighter in color. The pimples started to disappear and my pores started to shrink.

My hair fall started to reduce after the third month on nofap.

Why pornography addiction caused skin irritation and hair fall?

As mentioned above, there is no scientific evidence for this too.

But, in my opinion, a pornography addict suffers from hair fall and skin irritation because of the mental stress he goes through in life.

A depressed and unhappy person loses hair and has skin irritation.

Moreover, semen retention has also some benefits in skin smoothness and reduction in hair fall.

Everyone is not the same and you may not experience the same as others. Perhaps, there are some nutritional deficiencies in your body for which you are having acne and hair fall.

In this case, only doing nofap will not cure your acne and hair fall problems.

But, a stress-free and happy life will certainly help.

Why don't you try nofap for 21 days and let me know the result at admin@basicideaz.com?

I look forward to reading your results.

CONCLUSION

There are more negative effects of pornography addiction like erectile dysfunction, depression, zero creativity, social isolation, focus and concentration problems, and many more.

Any kind of addiction is bad.

If you are addicted to something, and not only porn, you are surrendering your freedom to your impulses.

You are caged and no one is happy when you live your life in a box.

I will end this article with a powerful quote, "Nofap is not a 90 days challenge, it is a lifestyle."

Best

Ahbab